



Sicilian Orange Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



165 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon flat-leaf parsley fresh chopped
- ☐ 2.3 pounds navel oranges
- ☐ 1 teaspoon olive oil
- ☐ 0.5 cup sicilian olives green pitted coarsely chopped
- ☐ 0.5 small onion red thinly sliced cut in half lengthwise and (1/2 cup)
- ☐ 0.1 teaspoon salt

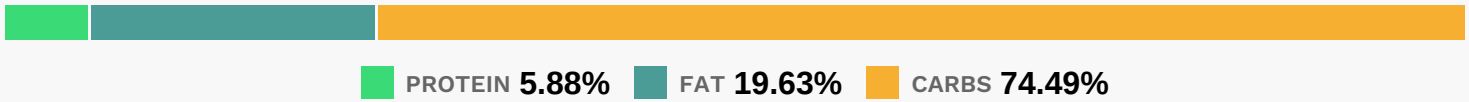
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Peel and section oranges over a bowl; squeeze membranes to extract juice. Set sections aside, reserving 1/2 cup juice. Discard membranes.
- ☐ Combine orange sections, onion, olives, and parsley in a medium bowl.
- ☐ Combine reserved 1/2 cup juice, oil, pepper, and salt; stir well with a whisk.
- ☐ Pour over salad; toss gently. Cover and chill 3 hours.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:0.31, Inflammation Score:-8, Nutrition Score:12.596521749445%

Flavonoids

Hesperetin: 55.8mg, Hesperetin: 55.8mg, Hesperetin: 55.8mg, Hesperetin: 55.8mg Naringenin: 18.12mg, Naringenin: 18.12mg, Naringenin: 18.12mg, Naringenin: 18.12mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 1.9mg, Luteolin: 1.9mg, Luteolin: 1.9mg, Luteolin: 1.9mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg

Nutrients (% of daily need)

Calories: 164.5kcal (8.23%), Fat: 3.99g (6.14%), Saturated Fat: 0.53g (3.33%), Carbohydrates: 34.07g (11.36%), Net Carbohydrates: 27.6g (10.04%), Sugar: 22.37g (24.86%), Cholesterol: 0mg (0%), Sodium: 339.63mg (14.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.69g (5.38%), Vitamin C: 153.14mg (185.62%), Fiber: 6.47g (25.87%), Folate: 91.41µg (22.85%), Vitamin K: 17.5µg (16.66%), Vitamin A: 781.73IU (15.63%), Potassium: 457.93mg (13.08%), Calcium: 123.64mg (12.36%), Vitamin B1: 0.18mg (12.29%), Vitamin B6: 0.22mg (11.23%), Vitamin B2: 0.14mg (8.01%), Magnesium: 32.01mg (8%), Vitamin E: 1.18mg (7.87%), Vitamin B5: 0.69mg (6.92%), Copper: 0.13mg (6.42%), Phosphorus: 64.12mg (6.41%), Vitamin B3: 1.15mg (5.77%), Manganese: 0.11mg (5.47%), Iron: 0.52mg (2.91%), Zinc: 0.25mg (1.64%)